

LA YOGA

AYURVEDIC HEALTH

Garth McLean
Embracing
Yoga with Courage
and Caution

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Annie Carpenter
Jetlag Sequence



Celesta (behind) wears:
Bree sheer open back top and bra by
Jala: jalaclothing.com
Black and white lizard leggings by
Hard Tail: hardtailforever.com
Ring by **Made in Earth:** mieusa.com
Mala by **Sankalpa Shakti Malas:**
empowermyintention.com

Kara (front) wears:
Tank by **Solow:** solowstyle.com
Ombre starburst leggings by **Hard Tail:**
hardtailforever.com
Necklace by **Made in Earth:** mieusa.com
Ring by **Nashelle:** nashelle.com



ON THE COVER:
Celesta Hodge is wearing Power up Tactel Hoodie
in Seafoam by Hard Tail (\$112). Hardtailforever.com
Slouchy Yoga Harem pants in heather and white
stripe (\$90) by Hard Tail. Hardtailforever.com
Sports bra by Tonic. Mytonic.ca
Iarimar pendant in sterling silver (\$575) by
Made in Earth. Mieusa.com
Bracelet of mala beads by Sankalpa
Shakti Malas. Empowermyintention.com
Ring by Nashelle. Nashelle.com
Photo by David Young-Wolff. Davidyoung-wolff.com

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AYURVEDA

Ayurveda emphasizes regular practices of cleansing, detoxification, and letting go physically, mentally, and emotionally.

24

TEACHER PROFILE

Garth McLean has found balance by living these words of advice from BKS Iyengar: "Every day, you must walk a fine line between courage and caution."

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FASHION PAGES

From studio to street, yoga-appropriate and -inspired fashion innovates with this season's hottest color palette.

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AN IMAGE CAN TELL A MILLION STORIES. IN THE CASE OF OUR SEPTEMBER ISSUE, ONE OF THOSE STORIES IS THAT OF TEAM SPIRIT.

When we arrange our yoga mats in a studio, gym, festival, or anywhere we practice, we tap into that team spirit. The union of breath, body, and intention propels us forward, allowing us to access a different energetic field than what we experience in solo sojourns. This connection may be even more powerful in creative endeavors: We bounce ideas off each other, shuffle suggestions, uncover mistakes, and share the triumphs. Our fall fashion shoot was one of those processes.

This project represents hundreds of hours of effort by many people sharing perspectives, creativity, sweat, and labor, as well as time coordinating with clothing companies large and small, making pickups and deliveries, and managing the artistic details. The people involved in this project are not limited to those assembled in this impromptu group shot. In addition to those gathered around photographer David Young-Wolff at the day's end, other essential contributors included Brianna Welke, Doug Corbett, Karen Henry, Vanessa Harris, Patricia Marie Lopez, Brian Gove, Leah Marsh,

Marina Chetner, and Dagmarette Yen. Also important to mention is that our refreshments for the day were provided by Hydra Blue Water, Sweet Nuit Chocolate by Liz Marx, Golden Mean Cafe, Starbars, Honest Tea, and MacroLife Naturals.

Within these pages, we also acknowledge other communities, such as those in training and providing services that cultivate whole-body health in the Urban Zen Integrative Therapies program offered at Yoga-Works and UCLA as well as those fundraising to develop microfinancing programs that give back to yoga's birthplace, as in Yoga Gives Back's Thank You Mother India initiative. The evocative images of these projects tell stories that are far more complex than a simple smile, yoga pose, or any other photo could suggest. They reveal a glimpse into the nature of the spirit.


According to Ayurveda, everything has the potential to nourish us, including the fashion we choose to wear – the subject of this month's feature story. How we adorn ourselves, how we indulge in a burst of color has a powerful effect on our state of mind.

MAY WE FLOURISH

FELICIA TOMASKO

PHOTO BY PAM YOUNG-WOLFF

BACK ROW, LEFT TO RIGHT, SAMANTHA FRYLING (HAIRSTYLIST), KARA DAVIS (MODEL), DAVID YOUNG-WOLFF (PHOTOGRAPHER), CELESTA HODGE (MODEL), JESSICA MEISTER (CLOTHING STYLIST) AND AMBER WILSON (STYLIST ASSISTANT). **FRONT ROW,** NANCIE ROONEY (MAKEUP ARTIST) AND FELICIA TOMASKO WITH RESCUE MALTIPOO (AND FASHION SHOOT MASCOT) LULU. FELICIA IS WEARING WRAP BY HANUMAN YOGA CLOTHING (HANUMANYOGACLOTHING.COM), BLACK TANK TOP BY YOGAFIT (YOGAFIT.COM), MALA BY SANKALPA SHAKTI MALAS (EMPOWERMYINTENTION.COM), PANTS BY VICTORIA KEEN (V-KEEN.COM), SHOES BY ADIDAS (ADIDAS.COM).

A woman with long brown hair, wearing a pink tank top and black leggings, is performing a yoga pose on a sandy beach. She is in a standing split pose, with her right leg raised high and bent at the knee, and her left leg on the ground. Her right arm is extended upwards, and her left arm is reaching down towards the sand. The background shows a beach, the ocean, and mountains under a clear sky.

rachel jackson
yoga ambassador
every heart yoga



ready, sweat, glow

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Thank you to the entire Yoga community for participating in and supporting this effort to educate, inspire, and share wisdom.

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AMY GARTENBERG

WRITER

Originally from St. Louis, Missouri, Amy Gartenberg moved to California in August 2012. She is an elementary school teacher and a recent graduate of the 200-hour teacher training program at Yogis Anonymous in Santa Monica (yogisanonymous.com). She is the founder of the blog C'est California Vie (cestcalifornia-vie.com) where you can find workouts, healthy recipes, and daily musings. Find Amy running along the ocean, hiking the canyons, or practicing at one of LA's stellar yoga studios.

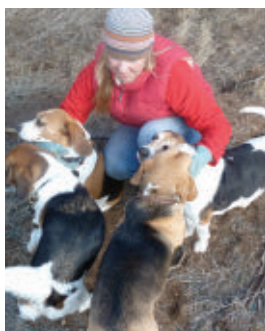


VANDANA TILAK

WRITER

Dana Tilak is a trained Demartini Method® facilitator. She has worked with many people from a wide variety of backgrounds and ages to help them find point of wisdom and certainty, through dissolving fear, guilt, and doubts. She is also a certified Ayurvedic practitioner. Her vision and aptitude in combining the wisdom of Osho, the science of Ayurveda, and modern techniques by Dr. John Demartini have led her to help hundreds of clients over the years.

OSHANCENTER.COM



KRIS WOOD

WRITER

Kris Wood lives on a small ranch with her husband, four beagles, and five horses. She rides and competes with her three thoroughbred horses in three-day events. Currently, Kris is writing a memoir about her adopted rescue beagle Chief and his adventures during his first year of life outside the laboratory. Kris is an avid supporter and fundraiser for the Beagle Freedom Project and if her husband will ever say yes...she would love to adopt another one!

BEAGLEFREEDOMPROJECT.ORG



LORI RISCHER

WRITER

Lori has turned her passions of music, yoga, and health and fitness into a lifestyle. A veteran music business executive, she is currently part of the powerhouse team at Island Def Jam Music Group. She is also the KIIS-FM health and fitness spokesperson and yoga instructor. Lori is a certified yoga therapist who studied at Loyola Marymount University under Dr. Larry Payne. In her column, Rockstar Health & Fitness, she interviews celebrities about their fitness routines. Find her blog at:

KIISFM.COM/PAGES/HEALTHANDFITNESS

WHERE I PICK UP MY LA YOGA...



Chase Heiland and Nico Greene both pick up their copies of LA Yoga Magazine at Exhale Venice. Chase says, "Yoga has been transformational in my life as it has helped me lose over one hundred pounds." Nico raves, "Even though I have traveled and lived all over the world, the practice of yoga and the community have made each new place feel like home."

EXHALESPA.COM/LOCATIONS/VENICE

WHERE DO YOU PICK UP YOUR LA YOGA?

Would you like to be featured in a future issue? Please send us a high resolution photo (300 dpi) of yourself with the magazine at your favorite location in Southern California to see yourself in print.

EMAIL: EDIT@LAYOGAMAGAZINE.COM.

INTERNSHIP OPPORTUNITIES

LA Yoga and the Bliss Network currently have openings for interns to join our dynamic team. Are you interested in making a greater contribution to the yoga community in Southern California?

Write to us for more information at:

EDIT@LAYOGAONLINE.COM

LETTERS TO THE EDITOR

Tell us what you think about what you read in LA Yoga. We love to hear from you. Email your letters and other correspondence to: EDIT@LAYOGAONLINE.COM

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> XANADU FITNESS FESTIVAL, 20-22 SEPT.



> MALIBU RETREAT WITH SIBERIAN SHAMAN, 4-6 OCT.



> YOGA GIVES BACK, 21 SEPT.

SEPTEMBER EVENTS

FILM/ART

THE SACRED ART OF YUAN MIAO

On the Wings of Phoenix Rising is a sacred art show by Dakini Master Yuan Miao. Experience the transmission of universal energy through HairYantras and Shakti paintings.

23 August-12 September.

Ethos Art Gallery, 7763 Melrose Avenue, Los Angeles.

NCFINTERNATIONAL.ORG

ECOSALON FILM SERIES

The documentary Bethany's Story: The Power From Within is a powerful documentary about how a teenage girl became paralyzed by a bad reaction to medication. After being told she would never walk again, Bethany transforms her life and proves that food can be medicine.

29 September. 3pm. Free.

Microsoft Store, Westfield Century City Mall, 10250 Santa Monica Blvd, Los Angeles.

GREENLIFESTYLES.ORG

WORKSHOPS/FESTIVALS

WORLD PEACE PILGRIMAGE

The fifth annual interfaith World Peace Pilgrimage welcomes all faiths to come together at Mount Baldy with the mutual intention of sending peace and light to the world.

1 September. 8:30am. Free.

Mount Baldy.

WORLDPEACEPILGRIMAGE.COM

5TH ANNUAL BHAKTI FEST WEST

The largest gathering of yoga teachers and kirtan artists in the western world, the fifth annual Bhakti Fest West includes Krishna Das, Jai Uttal, Bryan Kest, CC

White, Shiva Rea, Girish, Dharma Mittra, Radhanath Swami, Deva Premal & Miten with Manose, The GuruGanesha Band, and many more.

5-8 September. \$325.

(\$50 discount with code LAYOGA).

Joshua Tree Retreat Center, 59700

Twentynine Palms Hwy, Joshua Tree.

BHAKTIFEST.COM

YOGAFIT PALM SPRINGS MIND BODY FITNESS CONFERENCE

Deepen your yoga practice, continue your teaching education, and transform your life with a variety of enlightening workshops and trainings. Subjects include meditation, therapeutics, and healing physical and emotional trauma.

11-15 September.

Hyatt Regency Suites Palm Springs, 285 North Palm Canyon Drive.

YOGAFIT.COM

XANADU'S CATALINA ISLAND 5K HEALTH AND FITNESS FESTIVAL

Benefiting the Outdoor Discovery School, Xanadu's festival experience is only a short boat ride away from LA. Event includes a 5K Island run, post-race beach BBQ, camping, yoga and meditation classes, health and fitness workshops, and a moonlight dance party.

20-22 September.

\$250 / 2 Night Camping Package.

Two Harbors, Santa Catalina Island.

XANADUCATALINA.COM

DHARMA & YOGA FEST 2013

Celebrate the 150th birth anniversary of Swami Vivekananda with kirtan, yoga workshops, spiritual discourses, kids activities, cultural shows, and more.

21 September. 11am-9pm.

Excelsior High School, 15711 Pioneer Blvd., Norwalk.

DHARMAANDYOGAFEST.ORG

HEAL THE BAY COASTAL CLEANUP DAY

Join Heal the Bay for the largest garbage collection ever organized. The annual volunteer event will take place at more than 50 cleanup locations across Los Angeles County.

21 September. 9am-12pm. Free.

Various Locations across Los Angeles.

HEALTHEBAY.ORG/CCD

YOGA GIVES BACK FUNDRAISER

Yoga Gives Back's Thank You Mother India annual fundraiser in Malibu is a Indian-themed evening with live music, dance, appetizers, wine, Indian dinner, silent auction, and YGB video presentation. Proceeds support YGB's programs in India, funding 240 mothers and children with microfinancing and education funds.

21 September. 6pm-9pm.

\$75 before Sept 15, \$100 at the door.

29507 Pacific Coast Highway, Malibu.

YOGAGIVESBACK.ORG

FALL EQUINOX YIN YOGA WORKSHOP

Welcome the Fall Equinox with Yin Yoga at Yoga Upstairs with Paula Fortunato. This two-hour workshop will ground you for the coming season.

22 September. 1pm-3pm.

\$25 prepaid; \$30 at door.

Yoga Upstairs, 5308 Derry Avenue, Suite K, 2nd Floor, Agoura Hills.

YOGAUPSTAIRS.COM



› BHAKTI FEST, 5-8 SEPT.



› KLEZMERSON PERFORM AT SKIRBALL, 5 OCT.



› ARTIST, YUAN MIAO, 23 AUG - 12 SEPT.

COMPILED BY CARRIE JANELL

FREE YOGA STUDIES CELEBRATION

Festivities include the History of Yoga film premiere with panel discussion. Event includes free asana and meditation classes, taco trucks, and The Beatles yoga.

28 September. 1pm-9pm. Free.

Loyola Marymount University, Los Angeles. BELLARMINE.LMU.EDU

A CELEBRATION HONORING MARLA APT

The community of the Iyengar Yoga Institute of Los Angeles will be honoring Marla Apt with the Manouso Manos Leadership Award. Food, entertainment, inspiration, and fellowship.

28 September. 5:30pm.

Iyengar Yoga Institute of Los Angeles, 1835 South La Cienega Blvd, Suite 240. IYILA.ORG

THE LARGEST OUTDOOR YOGA CLASS

Honoring September's National Yoga Awareness Month, The Spa at Terranea Resort invites yoga enthusiasts and newcomers alike to participate in the largest outdoor yoga gathering led by Terranea's fitness experts.

29 September. 2pm. Free.

The Spa at Terranea, 100 Terranea Way, Rancho Palos Verdes. TERRANEA.COM

INTRO TO THE CHAKRAS WITH REN YOGAMAYA

Learn the what, where, why, and how of the Chakras. All levels welcome.

29 September. 3:30pm-5:30pm.

\$15 in advance/ \$20 at the door. Siesta Yoga, 1825 North Western Ave. Los Angeles. SIESTAYOGA.NET

ALCHEMY EVENT 2013 MASTER PLAN

The ninth Alchemy Event includes lectures, panels, exhibits, networking, alchemy, spirituality, health, technology, healing, meditation, and music aimed at co-creating a new humanity with new ideas, sciences, and sacred ancient knowledge.

4-6 October. 8:30am-11:30pm daily.

Radisson LAX Hotel, 6225 West Century Blvd, Los Angeles. ALCHEMYEVENT.COM

MUSIC/KIRTAN FINDING BALANCE IN THE CITY OF ANGELS

An inspiring evening of music and spiritual talks including a conversation with Sister Denise Lawrence, Rev. Dr. Gwynne Guibord, and music by violinist Shelly Ren and pianist Valeria Morgovskaya.

7 September. 7pm-9pm. Free.

St. John's Episcopal Cathedral, 514 West Adams Blvd, Los Angeles. BKLOSANGELES.ORG

KIRTAN WITH TIM JORDAN

Chant your heart open with Tim Jordan and band at Yoga at the Village

14 September. 7:30pm. \$10.

Yoga at the Village, 1306 Sonora Ave, Glendale. YOGAATTHEVILLAGE.COM

MARA: WORLD PREMIERE DANCE PERFORMANCE

MARA is a multimedia dance and musical theatre production of 35 dancers and musicians, featuring the vibrant classical dance form of India, Bharata Natyam. MARA blends the evocative melodies and rhythms of classical Indian music,

jazz, and funk creating the illusive world of the mind.

21 September. 8pm.

\$30; \$20 Students. Ford Theatres, 2580 Cahuenga Blvd, East, Hollywood. FORDTHEATRES.ORG

KLEZMERSON U.S. DEBUT

This Mexico City-based septet has taken the international music scene by storm with their unique fusion of klezmer music with Middle Eastern influences, rock, electronica, jazz, and Latin American styles such as charanga, son jarocho, and cha-cha.

5 October. 8pm. \$35 General, \$30 Members, \$25 Full-Time Students.

Skirball Cultural Center, 2701 N Sepulveda Blvd, Los Angeles. SKIRBALL.ORG

SPIRITUAL TEACHERS

MAHAMANDESHWAR SHRI 108 SWAMI MAHESHWARANAD PURIJI MAHARAJ

During this inspirational satsang, Swami Maheshwaranad will share his experiences interacting with sages and spiritual masters worldwide.

4 September. 7pm-9pm.

Vedanta Temple, Hollywood, 1946 Vedanta Place, Los Angeles. VEDANTA.ORG

MALIBU RETREAT WITH SIBERIAN SHAMAN

Open your true power and wisdom with the help of ancient vedic and shamanic knowledge.

4-6 Oct. (310) 435 6490.

LADAMIRA.WEEBLY.COM

ATHLETA SANTA MONICA

1318 Third Street Promenade., Santa Monica.
(310) 393-3040. Athleta.com



On June 27, Santa Monica's trendy Third Street Promenade welcomed the new Athleta retail store. This brand, owned by the Gap Inc., provides female fitness enthusiasts with stylish clothing for yoga and other pursuits. Spacious, bright, and upbeat, Athleta Santa Monica celebrates and empowers the female form with flattering apparel and their "Power to the She" philosophy.

Athleta combines a community-minded and eco-friendly commitment with its retail presence. One example of this is S.Cafe, a natural and sustainable product produced in part from used coffee grounds. When woven into fabric, S.Cafe helps reduce odor, provides a UV light filter, and is quick drying. On the community front, Athleta opens their space for an eclectic schedule of free fitness classes including a running group, Zumba, yoga, and even kickboxing. In the Santa Monica store's first month, Athleta featured yoga classes hosted by Hot 8 Yoga, including Hot Power Fusion, Yoga Barre, and Yoga Sculpt. "Yoga can be intimidating for beginners, especially in Santa Monica," said Joanna Bateman, manager at Hot 8. "We are thrilled to hold classes at Athleta, as it encourages women of all pursuits to give yoga a try. Runners and hikers benefit from the stretching and strengthening of asana practice, and our staff keeps the classes fun and informal."

By Kiara Justine Kinghorn, a ballet dancer and Sphota Yoga Teacher Trainee who holds a BA in English and a BFA in Dance from UC Santa Barbara.

YOGAFIT STUDIO LOS ANGELES

1540 Robertson Blvd, Los Angeles.
(310) 205-0430. Yogafitstudio.com

YogaFit's modern mind-body yoga classes and trainings can now be found in their new LA home on Robertson Boulevard in SoRo, adjacent to Beverly Hills.

In June, 2013, YogaFit opened its first US-based standalone studio since the original South Bay studio went mobile in 2005. Created by Beth Shaw in 1994, YogaFit is the largest Yoga school in North America. They have trained over 100,000 Yoga and fitness instructors across six continents. YogaFit offers 200- and 500-hour teacher training programs as well as a yoga therapy program; YogaFit partners with health clubs around the world including, GoodLife Fitness, The TSI Group (NYSC, WSC, PSC, BSC) as well as Ys, gyms, and medical fitness settings. And every year, YogaFit brings groups on retreat to Rishikesh, India.

The look and feel of the new studio (also home to the YogaFit corporate office and retail showroom) matches the YogaFit philosophy: open and modern. The space offers YogaFit trainings, YogaFit classes, Boot Camp, women-only classes, and YogaFit Express (a 45-minute yoga practice to fit into a busy workday). Classes are priced at an affordable \$10 each. In addition, the space contains an art gallery with frequent openings, receptions, and other events.

"YogaFit is a studio and training center – we are thrilled to be back in the studio business with a global expansion plan," says Shaw.

YogaFit training programs share the intention that students will become more aware of their bodies, find space, and achieve optimal mind/body health.

By Amy Gartenberg, an elementary school teacher and a yoga teacher trainee who is also the founder of the blog C'est California Vie. Cestcaliforniavie.com





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Black Dog Yoga
Heal and Soul
InYoga Center
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and Power Cycling

Rising Lotus Yoga
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RED DIAMOND YOGA LOS ANGELES

3500 Overland Ave. Suite 210, Los Angeles.
(310) 425-8528. Reddiamondyoga.com

June ushered in the opening of Red Diamond Yoga in the Palms neighborhood of Los Angeles, a studio that values personal exploration, letting go of judgment, and, more especially, a love of one's self. Nestled in the highly diverse Palms neighborhood of Los Angeles, Red Diamond offers two spacious, light-filled studio rooms where classes are taught in a comfortable 82-degree environment without humidity. While Yogis of all levels are welcome, beginners are especially encouraged to discover their strength and potential through the wide variety of classes, including Yoga Tone, Yoga Cardio Blast, and even Yin Yoga with Massage. The incorporation of heat and strength-building postures allows students to increase awareness, connect to their breath, and be gently guided toward the most open, balanced, and spiritually abundant life.

"Our vision is to fill the world with the light and warmth of yoga, and in doing so, we strive to provide transformative and rejuvenating yoga experiences for you on your path toward your highest potential," says owner Sherly Utal.

Ready to explore your highest potential? Red Diamond is now offering 10 days of unlimited classes for only \$10 for all new students.

By **Kiara Kinghorn** who holds a BA in English and a BFA in Dance from UC Santa Barbara. She is a ballet dancer and a Sphota Yoga teacher trainee.



HOLLYWOOD POWER YOGA LOS ANGELES

1310 N. Wilton Place, Los Angeles.
(323) 871-4088. Hollywoodpoweryoga.com

Opened on June 8 of this year, Hollywood Power Yoga is an intimate studio located at the busy corner of Wilton and Fountain Avenues in the heart of Hollywood. HPY founders Liz Espersen, Sean Hanley, Caitlin Talbot, and Henry McMillan are yoga teachers and good friends who had a vision: to create a cooperative where everyone, students and teachers alike, have a chance to learn from each other and experience their practice together. Formerly a small theater space, the interior was meticulously renovated by Sean himself, revealing warm brick walls and wooden floors. Classes are affordable and easily accessible to the residents and workers from the surrounding middle class neighborhood. Their students are a balanced mix of experienced practitioners and newbies.

Besides all-levels Power Yoga classes, the schedule includes Rocket Yoga – a more acrobatic form of Ashtanga – and weekend workshops. Restorative and 12-Step Recovery Yoga will soon be added to the lineup. As Liz says, "We're an amalgam of Western fitness and Eastern yoga principles, not crazily dogmatic nor extremely fluffy, where everyone is equal."

Stop by soon and visit their friendly and inviting space; your first class is free.

By Joni Yung, who interviews an amazing array of guests on Yoga Chat with The Accidental Yogist on killradio.org Wednesdays, 1pm Pacific time. Yogachatshow.com





WHO FARTED?

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LOVE IN ACTION

THE BEAGLE FREEDOM
PROJECT PLACES
ANIMALS USED IN LAB
TESTING IN LOVING
REHABILITATIVE HOMES.

BY KRIS WOOD

My husband and I have loved and owned beagles for years, but I must admit we had not heard about the Beagle Freedom Project until a little over eighteen months ago.

Our adventure began when we viewed a short story on the evening news about forty beagles that were being rescued and flown into LAX from a medical testing laboratory in Spain by a group called The Beagle Freedom Project. My interest was sparked, and I began a mission to adopt one of these amazing dogs. My sister sent me a website showing one of the organization's first rescues: heart-breaking footage of these beagles' first steps outside their cages.

During the following days, I learned a great deal about the nonprofit Beagle Freedom Project, formed in 2010 by animal activist lawyer Shannon Keith. To date, they have been responsible for eleven rescues, and the beagles from Spain were rescue number four. They are also involved in creating legislation to stop animal testing all together.

While I knew about the existence of animal testing, like many others, I seemed quite comfortable with my blinders on. The Beagle Freedom Project opened my eyes to the horrible, unnecessary cruelties that are going on all for the sake of our comfort, beauty, and cleanliness.

A few weeks after I began contacting the Beagle Freedom Project, I finally received the call that would change our lives. One of the beagles had been returned to Shannon; we were on our way to LA! We met Bagel (soon to be Chief) and instantly fell in love. While we were watching his emotionless face, frail body, and tail that did nothing but curl between his legs, Shannon relayed the tale of the rescue. It was one of the most amazing stories of selflessness, commitment, and love I had ever heard.

After a year of watching Chief morph from a scared, unsure "lab rat" into a confident dog overflowing with personality, we joined the other 40 beagles at the "Spanish 40" one-year reunion. We were lucky enough to adopt another one from this group that needed a new home. The adopters, fosters, and all those involved with the Beagle Freedom Project have become a part of our family.

Bringing puppies home is always fun and exciting, but not nearly as fun and exciting as bringing an older lab rescue home that has been through God only knows what and seeing what he or she will turn into with your love and support along the way.



The Open Cages Celebration Gala Fundraiser at the Hollywood Roosevelt Hotel will raise funds to support The Beagle Freedom Project on September 8, 2013 from 5 to 10pm. Join the community of human supporters for dinner, a silent auction, live entertainment and more.
Beaglefreedomproject.org

Kris Wood is a fourth and fifth grade teacher at a rural Southern California elementary school, who is working on a memoir about Chief and their adventures during his first year of life outside a laboratory.

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YogaFit.com

* The YogaFit MBF is 4 days where students work towards a Yoga Alliance registry, earn continuing education credits (CECs), or simply deepen one's yoga practice and transform oneself.

HOLLYWOOD VISITS MOKSHA

BY JULIE CARMEN

Moksha Festival 2013 featured a two-hour Spirituality in Hollywood panel discussion during which moderator Julie Carmen (psychotherapist, actress, yogini) zoomed in for interviews with actors Josh Radnor (How I Met Your Mother), Lou Gossett, Jr. (Oscar winner for An Officer and a Gentleman), Tia Carrere (singer, actress), and Tajamika Paxton (activist, writer, and producer).

The panelists spoke candidly about turning points in their Hollywood careers that called for them to take an ethical stand. They disclosed details about their personal spiritual practices that keep them centered and about obstacles they have faced. They touched on whether or not ethical fair trade commerce is a spiritual choice in show business.

The peak in conversation happened when the actors discussed their craft as shape shifters, deftly transitioning between Self and

Character. There were some lighthearted questions from the audience about Josh Radnor's iconic character, Ted Mosby in How I Met Your Mother, and what would drive his character to explore yoga and meditation.

Tracee Stanley and Julie Carmen co-produced the event for Moksha Festival entrepreneur Arvind Chittumalla.

Pictured left to right: Tajamika Paxton, Tia Carrere, Louis Gossett, Jr., Julie Carmen, Tracee Stanley, and Josh Radnor.



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- A dance and spoken word performance of "The Radiance Sutras," a new translation of the Vijnana Bhairava Tantra, with Dr. Lorin Roche and Camille Maurine
- "The Beatles' Yoga: How the Fab Four's Passage to India Enlightened the West," a magical mystery tour of the The Beatles' 1968 spiritual journey to India. Presented by Philip Goldberg, author of the award-winning book "American Veda," and live music led by Emmy-nominated bhakti rock artist Joey Lugassy

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FESTIVE FALL EVENTS

BY JONI YUNG



Bhakti Fest West

Sept 5-8, Joshua Tree Retreat Center. Bhaktifest.com

Bhakti Fest West, Southern California's largest yoga festival, is celebrating its fifth year! Immerse yourself for four days in conscious community with yoga classes and workshops taught by world-renowned instructors, non-stop kirtan performances with well-known chant artists, and an eco-friendly vendor village with vegetarian food, yoga accessories, and devotional art, plus separate pre- and post- intensives with Saul David Raye and Dharma Mittra. In tribute to the late scholar and kirtan wallah, the Shyamdas Memorial Scholarship will be awarded at the festival to a student of Indian classical music.

YogaFit Mind Body Fitness Conference

Sept 11-15, Hyatt Regency Suites, Palm Springs. Yogafit.com

Work towards a Yoga Alliance® registry, earn continuing education credits, or simply deepen your yoga practice and transform yourself at the YogaFit Palm Springs MBF Conference. Trainings include YogaFit for Warriors, YogaLean, Restorative Therapy, Ayurveda, Meditation, and a sneak peek at the new Indo YogaFit Balance Board!

XANADU Catalina Festival

Sept 20-22, Two Harbors, Catalina Island. Xanaducatalina.com

A short ferry ride away from mainland California, Xanadu Catalina will transport you into a magical state of its own. Experience the energy of the island as you engage in a variety of health and wellness classes. Run a 5K along the breathtaking island terrain, dive into crystal clear coves, dance the night away on moonlit shores, and camp under shining stars.

Ojai Yoga Crib

Oct 24th-27th, Ojai. Lulubandhas.com

The 10th Annual Ojai Crib is a yoga pilgrimage featuring yoga sessions and meditations in some of the most historically significant and sacred spots in the Ojai Valley. Also: all-day immersions on Thursday, and evening events with Erich Schiffmann on Friday and Sean Johnson & the Wild Lotus Band on Saturday.

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Cleaning House

PHYSICAL, EMOTIONAL, AND SPIRITUAL DETOXIFICATION

BY DANA TILAK

AT SOME POINT IN OUR LIVES, mostly at the least opportune time, we come to a sudden recognition of ill health in the form of fatigue, lack of mental clarity, weight gain, lethargy, a sloppy inefficient liver, cholesterol and blood sugar levels creeping up, indigestion, or other annoying reminders that all is not well. This is a sign from the perspective of Ayurveda that it is time to clean house.

Cleaning House

Ancient ayurvedists formulated a scientific system of cleansing the accumulated toxins that can hang on our insides. When these toxins accumulate, the body refuses to forgive our insults to wisdom. What begins as a mild disturbance become something in need of full-fledged medical attention. Since this accumulation is due to a host of physical, emotional and spiritual crimes against wisdom; a physical, emotional and spiritual detox is in order.

Physical Detox

The body has natural means of elimination, including stools, urine, and sweat. Ayurveda uses these to naturally remove toxins from the body via a five-step process called panch-karma (the five acts of emesis, purgation, enema, nasal medication, and blood letting) done with proper preparation, process, post-detox rejuvenation and under the supervision of an ayurvedic practitioner.

Although the process may sound alarming, Ayurveda says that in our daily lives, there is nothing more beneficial to a body than to stop the intake of foods and emotions for a period of time, and indulge in a regulated fast. With the help of supplements, this practice can push toxins into the gut so they can get eliminated.

In other words, do nothing, just fast to the extent your body and mind will let you. For a simple home detox, there are procedures of internal and external oleation (oiling and massage), sweating, purgation and rejuvenation that can promote a sense of lightness, clarity, and increased energy flow. An overly simple detox can include fasting to the extent possible, supported by a minimal amount of food suitable for the ayurvedic constitution with herbs and supplements that support purging and rejuvenation.

DANCING, SINGING,
WALKING, RUNNING,
CHANTING –
ANY ACTION CAN
BE A SOURCE OF
MEDITATION AS
LONG AS THE DOER
LOSES HIMSELF
OR HERSELF.

Emotional and Spiritual Detox

Since our very first breath, we are products of our conditioning. Family, friends, co-workers, relationships, advertising, society, religion, the news, anxiety about the future, and worries from the past haunt us and prevent us from keeping our consciousness awake and aware. We can lose focus, lose sleep, and lose our appetite for life's experiences and end up living a life of reacting instead of charting our journey and following it with trust and wisdom.

Without real purpose, we learn to live as a direct response to how others make us feel: others become the mirrors to our wellbeing or disease. They make us feel brave or fearful; it's our reaction to their response to our outer life. And it is a rich outer life! Full of drama, tensions, stress, expectations, and a search for something...but you may often ask yourself, does this being even have a purpose for living, a purpose for anything, except relating to others?

The support and challenges we face in the form of health and disease are essential for growth. An emotional detox clears past emotional baggage, gives clarity and purpose to move forward instead of rewinding old drama or stagnating in victimhood and resentment.

A simple component of an emotional detox could include unwinding past memories and seeing both sides of the drama. We often get caught up in what is labeled "bad" until we really go back with an open heart and find the blessing in the challenge, no matter how earth shattering it seemed then. Getting rid of toxic emotions of guilt and fear, victimhood, abandonment, is key to not only moving on, but essential to finding our own true purpose.

Living in a world shaped by conditioning, we realize we need to discover ourselves. Meditation is key in discovering the inner world. It is by far the easiest practice to access, and yet so elusive to most. Dancing, singing, walking, running, chanting, any action can be a source of meditation as long as the doer loses himself or herself. And we have often caught ourselves doing that. Only now it's time to question who you are until you don't just lose the mind but until the person asking is nowhere to be found.

Dana Tilak is a trained Demartini Method® facilitator and a certified Ayurvedic practitioner. Her vision and aptitude in combining the wisdom of Osho, the science of Ayurveda and modern techniques by Dr. John Demartini have led her to help hundreds of clients over the years.
Email Dana at: danatilak@oshancenter.com.

To read a longer version of this article, visit: layoga.com



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GARTH MCLEAN

WALKING THE FINE LINE BETWEEN COURAGE AND CAUTION.

BY AMY GARTENBERG PHOTOS BY TAI KERBS

“WHAT DO I DO NOW?” GARTH MCLEAN ASKED HIS DOCTOR.

On May 23, 1996, Garth lay in a hospital bed at UCLA Medical Center, basically unable to walk. What felt like a pinched nerve had quickly progressed into the loss of feeling from head to toe. His mind, however, remained as sharp as a tack. Garth remembers everything about that day. More specifically, the time – 3 p.m. – when he received the diagnosis from his doctor that included the words: Multiple Sclerosis. He felt his life change in an instant. “What do I do now, you know, for my physical discipline?” Garth asked again, first feeling relieved and hopeful, given the diagnosis wasn’t worse, then progressively fearful, anxious, and very much alone.

Up until this point, Garth had been the guy constantly on the move. He lived an active life: he’d relocated from the Canadian prairies to New York City to study acting with the legendary Sandy Meisner, then moved to Hollywood in the 90s to pursue a career in film and television. He was a self-proclaimed workout fiend with a love of spinning; he was also a keen student of the martial arts, having trained in Aikido style under the guidance of Haruo Matsuoka Sensei, which consequently led to a work opportunity with action movie star Steven Seagal.

But that was before. Now, things were off-kilter; he couldn’t even balance on a bike. Garth’s doctor suggested yoga and swimming – swimming would keep his body cool (MS doesn’t necessarily fare well with heat), and yoga would help manage his stress. Garth longed for high-intensity exercise, but given his diagnosis, he decided to give yoga a try. >



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TEACHER PROFILE [garth mclean]

"I was blessed because that evening, some friends who were visiting me in the hospital recommended Iyengar Yoga," recalls Garth. "The Iyengar tradition uses props to access proper alignment so the body is given the opportunity to realize its potential," he explains. The following week, he headed to the Iyengar Yoga Institute of Los Angeles (IYILA).

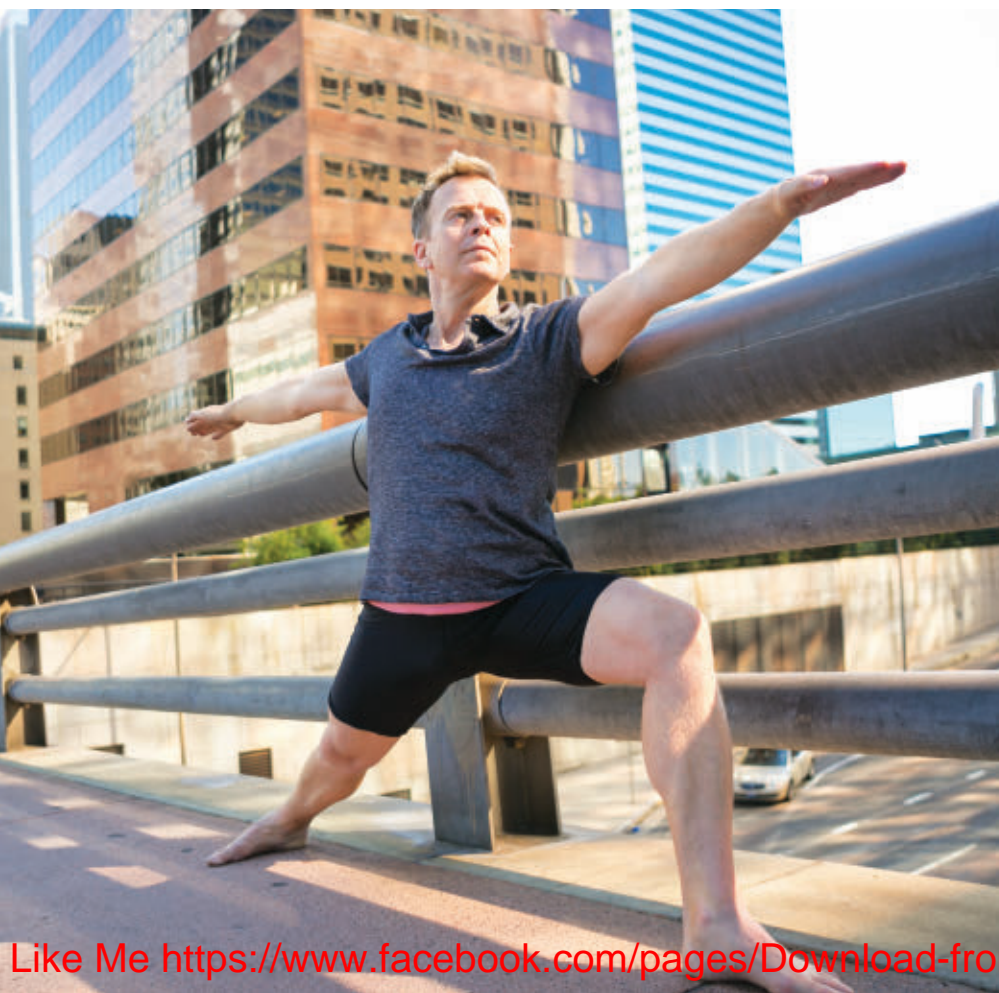
Within two weeks of practicing under the guidance of the late Iyengar teacher Karin O'Bannon, Garth remembers the numbness in his body slowly giving way to a buzzing feeling. "It felt like my pager was going off in my calf and in my back," he says. "It was a pinching and then a buzzing sensation... like something was reawakening there." Excited, he courageously decided to test how his body would stand up to his old routine of spinning. A sweaty class at the gym left him feeling good, but by the end of the day, he couldn't feel his body again and ended up back in the hospital. It was a lesson waiting in the wings – he understood he needed to cultivate patience and respect for his body in order to heal. He returned to IYILA, began a daily practice, and progressively welcomed the feeling back into his body. Since that day, he's kept at it.

A couple of years into his practice, relieved for the transformative effects yoga was having on his body, Garth began to feel inspired by his journey with MS. He wanted to give back to the yoga community and share his experience with others. Though he never gave up acting, he desired to become a yoga teacher. "I wanted to help others deal with the nightmare of MS," says Garth. He enrolled in a three-year teacher training program through the Iyengar Yoga Association of Southern California (IYASC) and became certified in 2001.

Garth's biggest joy of teaching lies in his students. "What I love seeing is when it lands," he says. "They get it. They get how yoga can actually transform their lives in a positive way. I love seeing when that happens..." By way of analogy, he explains, "I sometimes use the image of the metal silver. It is already a perfect, wonderful element. But if we don't polish the silver, it tarnishes. If we continue



"THEY GET IT. THEY GET HOW YOGA CAN ACTUALLY TRANSFORM THEIR LIVES IN A POSITIVE WAY. I LOVE SEEING WHEN THAT HAPPENS..."





to polish our practice, whether we are faced with a challenge or not, we continue to uncover that light within. We sparkle and shine.”

One of the highlights of his yoga journey was the first trip he took to India where he met with BKS Iyengar. “I was excited, hopeful, and a bit apprehensive to meet this legendary icon of yoga,” Garth recalls. “I told him what I’d been dealing with, and how the yoga practice had been having such a profoundly positive effect on my course of MS under the guidance of the teachers I’d studied with in LA.” Iyengar looked him straight in the eye and said, “Every day you must walk that fine line between courage and caution.”

“I let those words guide me to this day,” says Garth.

Allowing his wound to be his message, Garth shares the gift of Iyengar Yoga around the world. He offers regular workshops and therapeutic workshops for people living with MS and their teachers; he works with individuals facing such conditions as Parkinson’s, Epilepsy, and Muscular Dystrophy. The work can also be embraced by those who may be recovering from an accident or who have difficulty moving. As well as working with people with diagnoses, he teaches workshops including intermediate level practices. Additionally, he teaches regular classes at YogaWorks Westwood and Tarzana, and at the Iyengar Yoga Institute of Los Angeles. In 2011, Garth and some fellow Iyengar teachers established Iyengar Yoga Therapeutics, a nonprofit organization dedicated to helping people manage diseases and conditions through the practice of Iyengar yoga. Additionally, they take part in research dedicated to the therapeutic benefits of yoga.

Thanks to his practice and a relentless drive, Garth has managed his MS and has been in remission since 2001 (he still has residual loss of feeling in his right leg and foot from an episode in 2001). He has even been medication-free since 2003 on the proviso given by his doctor that the lesions on his brain are monitored annually through an MRI (Magnetic Resonance Imaging) scan. His most recent scan showed that the lesions on the left side of his brain have reduced in both number and size. Now a Senior Iyengar Yoga Teacher, Garth commented on his own practice, “Out of necessity, I initially learned asana and got back on my feet through yoga by using props. To this day, I am constantly inspired to practice in the environment around me and encourage others to do the same, whether it’s on the mat, on the street, or in the heart of LA!”

These days, Garth can not only balance on his bike, but he’s back to cycling. He travels the world, maintains a strong yoga practice, and is currently working on his one-man play, *Looking for Lightning*, about his journey with MS. His life and teaching demonstrates what it really means to live the balance between courage and caution.

For information on upcoming workshop dates, check Garth McLean’s website at Yogarth.com, or follow him on Twitter @yogarth.

Amy Gartenberg is an elementary school teacher and a recent graduate of the 200-hour teacher training program at Yogis Anonymous in Santa Monica. She is also the founder of the blog, CestCaliforniaVie.com where you can find healthy recipes, workouts, and daily musings.



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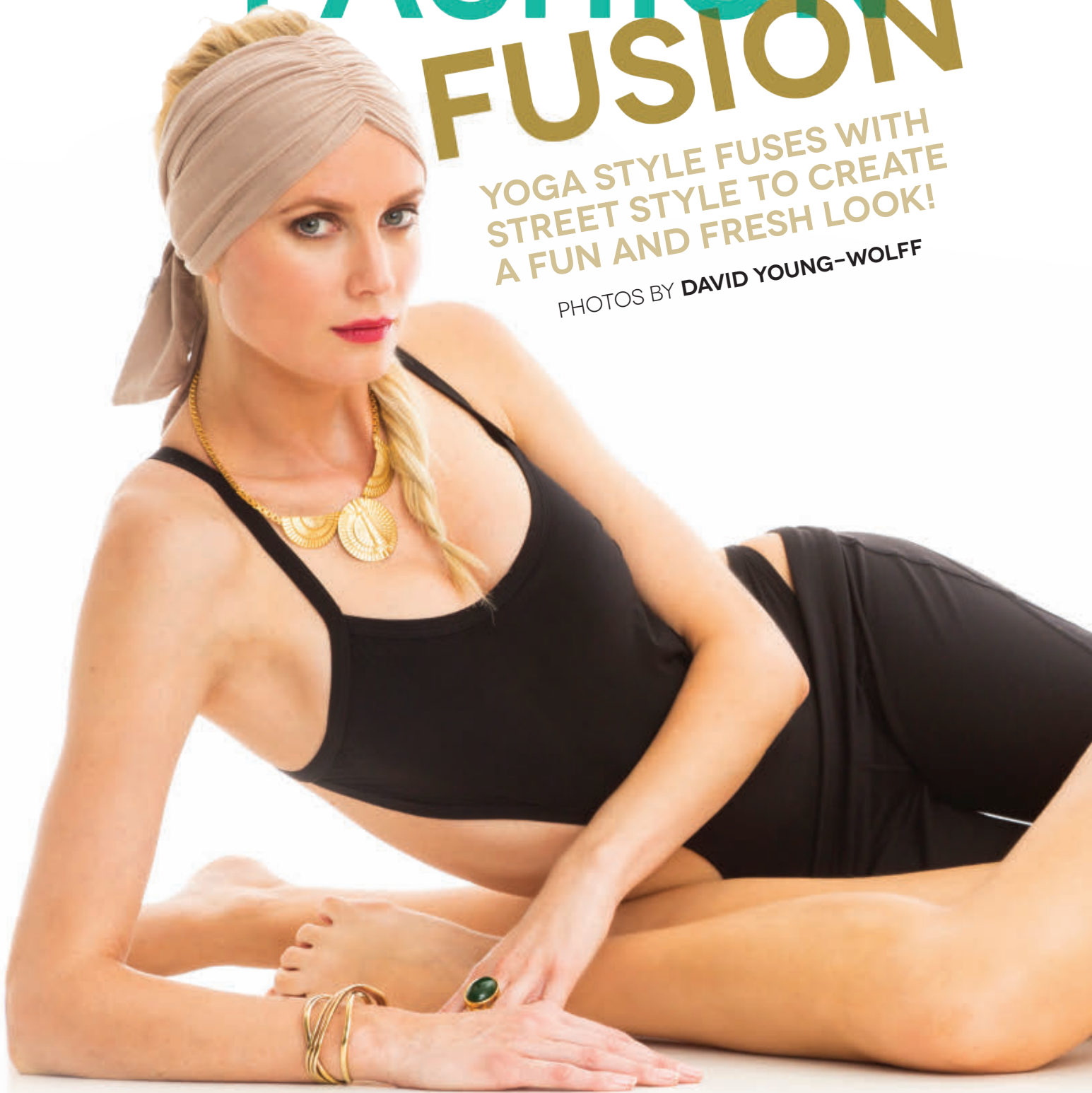
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GOLDEN MEAN CAFE

MELON

THE MORE BITTER THE BETTER

BY RED JEN FORD

PHOTOS BY ISABELLA CASSINI

WE ENJOY THE NUTRITIOUS BENEFITS of most members of the gourd family – watermelon, cantaloupe, and cucumber – yet few of us are familiar with the most bitter, and thereby the most beneficial, gourd of all: bitter melon. Also known as balsam pear, bitter melon resembles a cucumber with bumpy, warty skin. According to The Encyclopedia of Healing Foods, a cup of bitter melon contains 23 calories; it is also an excellent source of vitamins B, C, and E, folic acid, zinc, fiber, magnesium, and contains twice the potassium of a banana. Studies have shown that it lowers blood sugar, combats in vitro viral activity (HIV infections and herpes), and helps fight cancer, especially leukemia.

Bitter melons are usually available at local farmers markets and from Asian grocers from April through September, though they are best harvested and enjoyed during the Indian summer of September and October. Ayurveda teaches that the bitter taste (comprised of the elements air and ether) has cooling, cleansing, drying, and alkalizing effects, and that bitter foods detoxify and tone the organs, especially the liver. Traditionally, bitter melon is used to treat inflammatory conditions like hypertension, psoriasis, cough, fever, and digestive problems like constipation. In Ayurveda, bitter melon is also beloved for its ability to help balance blood sugar levels.

Choose bitter melons that are firm, yellowish green, and with a biting flavor, like an amped-up green bell

pepper. Refrigerate them and keep separate from apples, pears, and other ethylene-producing items which induce ripening. Left to ripen, they become spongy, turn yellowish-orange, and taste excessively bitter. If left in the heat, over-ripe bitter melons may burst to reveal orange flesh with sticky, bright red seeds inside.

For bitter melon recipe ideas, I interviewed Asian farmers and friends, who recommended sautéing and scrambling it with eggs, or stir-frying it with pork and bean sprouts – even marinating it in rice vinegar and sesame oil and serving cold. If you shy away from bitter foods, balance the taste with the gourd's sweeter cousins, cucumber and watermelon, and follow the seasonal eating guideline of 'things that grow together go well together.' My first attempt at a cooler – blending four parts watermelon, one part cucumber, one part bitter melon, plus a little ice and honey -- was palatable, but didn't test well with non-health nuts. When I paired the gourd with a ripe cantaloupe in a salsa, I struck gold. Served with tortilla chips, or layered atop grilled tofu, chicken, or fish, it tested well with teenagers and meat-eaters alike.

Red Jen Ford is a Certified Holistic Health Coach, Yoga Instructor and Seasonal Eating Expert. Jen teaches her clients the benefits and simplicity of eating local, sustainably grown food. Enjoy more of her dishes in her seasonal recipe booklets or online course, Simply in Season – Fall Recipes to Celebrate Healthy, Easy Seasonal Food. Redjenford.com

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More info → www.yogmata.org jp_office@yogmata.org

YOGI FOOD



MELON SALSA

BY RED JEN FORD

½ ripe cantaloupe (about 2 cups)

¼ bitter melon (about ½ cup)

1 red jalapeno

½ red onion

2 limes, juiced

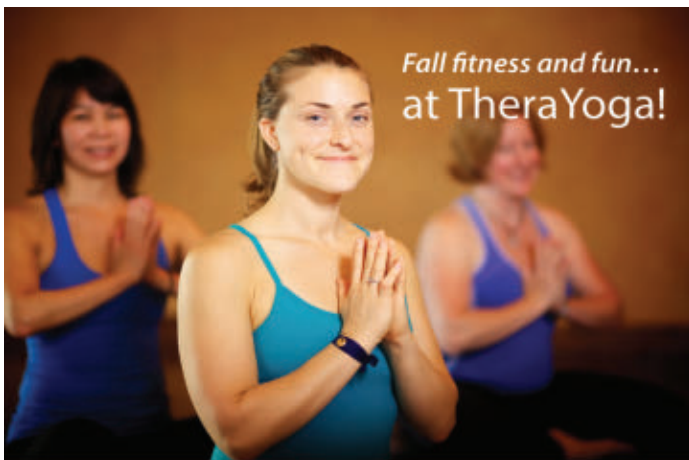
½ tsp coarse ground sea salt

6 drops Stevia or 1 tsp honey, optional and to taste

Peel and dice the cantaloupe into ½ inch pieces. Cut the bitter melon in half crosswise and then again lengthwise. Scoop out the seeds from one quarter of the bitter melon and finely dice. Toss the melons into a medium bowl, then seed and mince the jalapeno and add to the bowl. Peel and finely dice the red onion and add to the bowl, pour in lime juice, sprinkle with sea salt, and toss together.

Taste, and add Stevia or honey, as desired.

Cover and chill for 20 minutes or more to let the flavors marry. Store in fridge and enjoy leftovers for up to a week!



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BY OLIVIA KvitNE

PHOTOS BY DAVID YOUNG-WOLFF



URBAN ZEN THERAPIST, HAZEL PATTERSON WITH STUDENT AND WRITER: OLIVIA KvitNE.
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“I WAS FRUSTRATED BY THE HEALTH-CARE SYSTEM because I felt it was only disease-oriented and that nobody was taking care of the patient...” explained fashion designer, philanthropist, and long time yogini Donna Karan in an interview with LA Yoga Magazine in October 2012. She described to us the impersonal health care environment she’d witnessed while caring for her husband, Stephan Weiss, who had been diagnosed with terminal lung cancer. Weiss had found Eastern therapies instrumental in elevating the quality of his life during his last seven years (he passed away in 2001). “I was fortunate enough to have someone who could take care of my husband holistically, but I wondered, ‘What do other patients do?’”

In direct response to the lack of holistic care provided for those undergoing treatment for serious illnesses, Karan collaborated with yoga teachers Rodney Yee and Colleen Saidman, as well as Karan’s personal doctor, Woodson Merrell, to launch Urban Zen Integrative Therapy (UZIT). The program integrates the modalities of yoga therapy, essential oil therapy, Reiki, nutrition, and contemplative care to add the human element into the medical equation, bringing relief and personal connection not only to patients, but their loved ones and caregivers as well. A pilot program at Beth Israel Medical Center confirmed that UZIT led to a significant decrease in pain and anxiety amongst patients, elevated their mood, and provided better rest. A million dollars per year per floor cost was saved as a result of faster healing, shorter hospital stays, and reduced need for medication.

UCLA picked up the program in 2011, which, along with Yoga Works, is showcasing the power of the UZIT program in Los Angeles, specifically. The UCLA Health System has certified 150 of its caregivers as UZIT therapists; a fourth training program is scheduled this fall. “What is unique about the UCLA model compared with other institutions is that our own employees are trained in the techniques as an adjunct to the clinical skills they already possess,” says Ellen Wilson, Director of Therapy Services at UCLA. The training is a 500-hour program, made up of 100 hours of clinical rotations, 50 hours of community service, and 350 hours of study. UZIT services are complimentary to patients – all they need is to request treatment.

“I was gently eased into a chair and administered a soul-soothing treatment to my shoulders and neck. Now I know firsthand how beneficial these treatments are,” says a recent patient. The parent of a patient hospitalized >

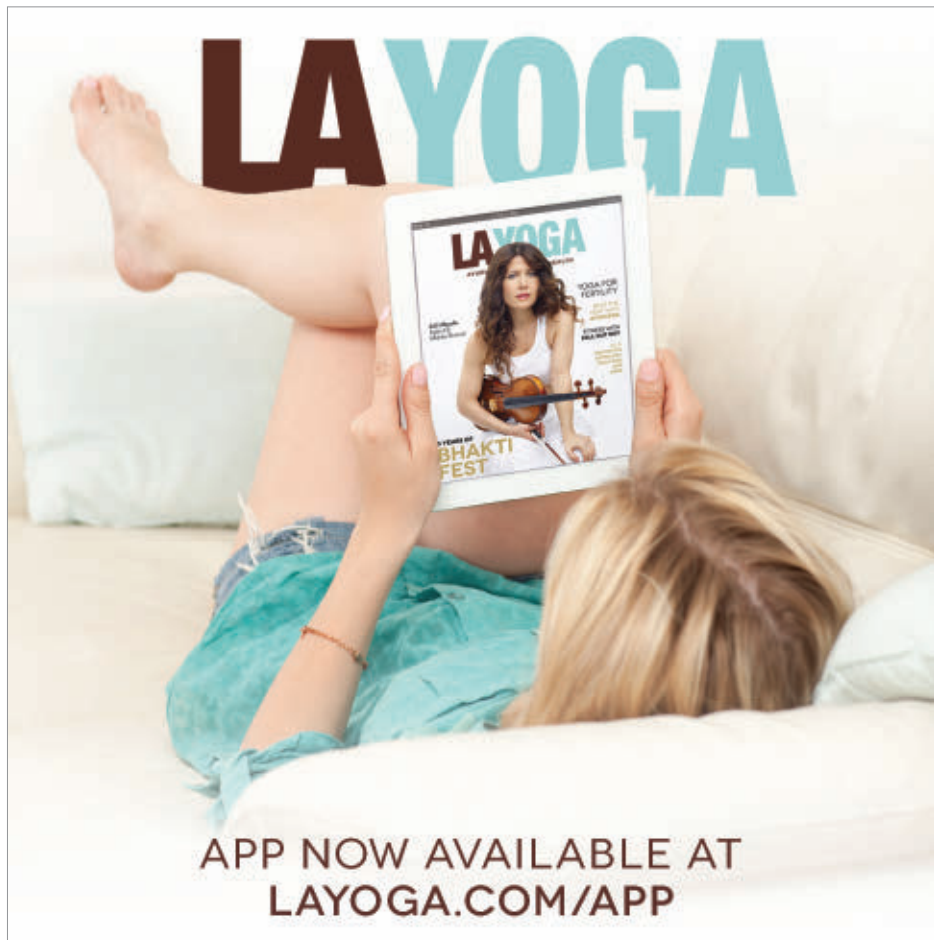
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and recognizes
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YOGA THERAPY

in the cardiothoracic intensive care unit at UCLA noted, "I found the Urban Zen therapy performed by Denise Brown RN, to be a wonderful and innovative treatment modality which I feel greatly added to my daughter's healing. These measures (of yoga and essential oils) eased her pain and discomfort and had a calm and soothing effect."

Casey Coda, a trainer for Urban Zen Integrative Therapists, explains that health practitioners often experience the "dark caregiver secret" of burn out; they themselves are not in the best of health. By the end of the training, she sees them awake, on fire, and exclaiming how good they feel. "Having healthy caregivers is just as important as healthy patients," says Dr. Shadi Vahdat, internal medicine physician at UCLA. "That's what's great about the Urban Zen training: it can be used for patients, families, colleagues and personal use."

Not limited to healthcare professionals, Yoga Works offers UZIT training to anyone seeking to bring Eastern healing techniques to hospitals, outpatient care centers, support groups, corporate environments, medical schools, and education systems. There are two levels to the training: Level 1 provides 100 of the 500-hour training, addressing each modality and how they integrate for self-care; Level 2 shifts the focus to a professional practice, including clinical rotations.

"Going through the Urban Zen training gave me a way to seamlessly blend all my existing skills to address symptoms suffered by almost everyone at one time or another," says Hazel Patterson, a UZIT trainer and Yoga Works instructor. As a certified UZIT therapist, one day she's helping ease the pain of chemo and post-surgical patients; the next, she's leading an Urban Zen yoga class.

Yoga Works offers weekly Urban Zen classes at their South Bay, Larchmont, Tarzana, and Westlake Village studios. Patterson sees about 30 people in class, on average. "There was the feeling of floating and I could feel the energy working well after practice," says Joe, a regular student. "I have a heart condition and COPD (Chronic Obstructive Pulmonary Disease) and yet my breath came naturally and without effort." Patterson reiterates, "It is results like these that are opening the doors of mainstream medical establishments to this parallel treatment system. Hospitals are seeing that when the human side of a patient is addressed, the healing process is greatly enhanced."

The vision is to have UZIT offered in every healthcare facility, education system, and yoga studio in the nation, with the training to be a required track for nursing schools. "We don't want to just create the effect on one hospital – we want to change the nation and the international scene of health and wellness," explains Yee. "I believe that Urban Zen Integrative Therapy is going to be the physical therapy of the 21st century."

The next Urban Zen Integrative Therapy Level 1 Training will be October 26th - December 15th at Yoga Works in Westlake Village with Hazel Patterson. Level 2 Training will be available in 2014. For more information on the UCLA Urban Zen program, visit Rehab.ucla.edu

Olivia Kvitne is a Los Angeles yoga instructor specializing in yoga therapy for veterans struggling with PTSD. One of the influences in her life was her grandfather, a WWII vet, and later a psychiatrist who embraced using the mind to heal the body: [@OliviaKvitne](http://TheYogaAbbey.com)

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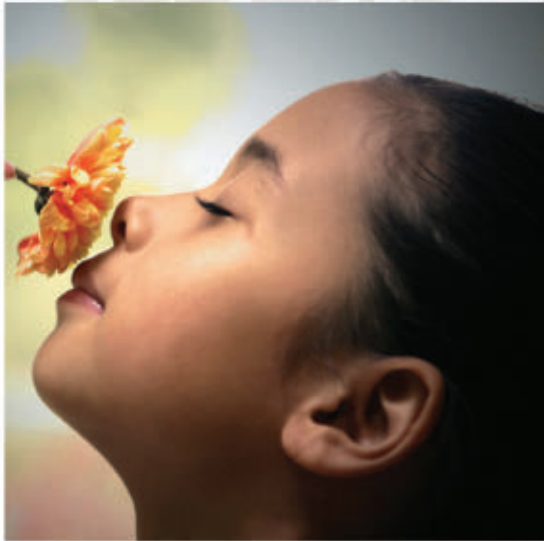
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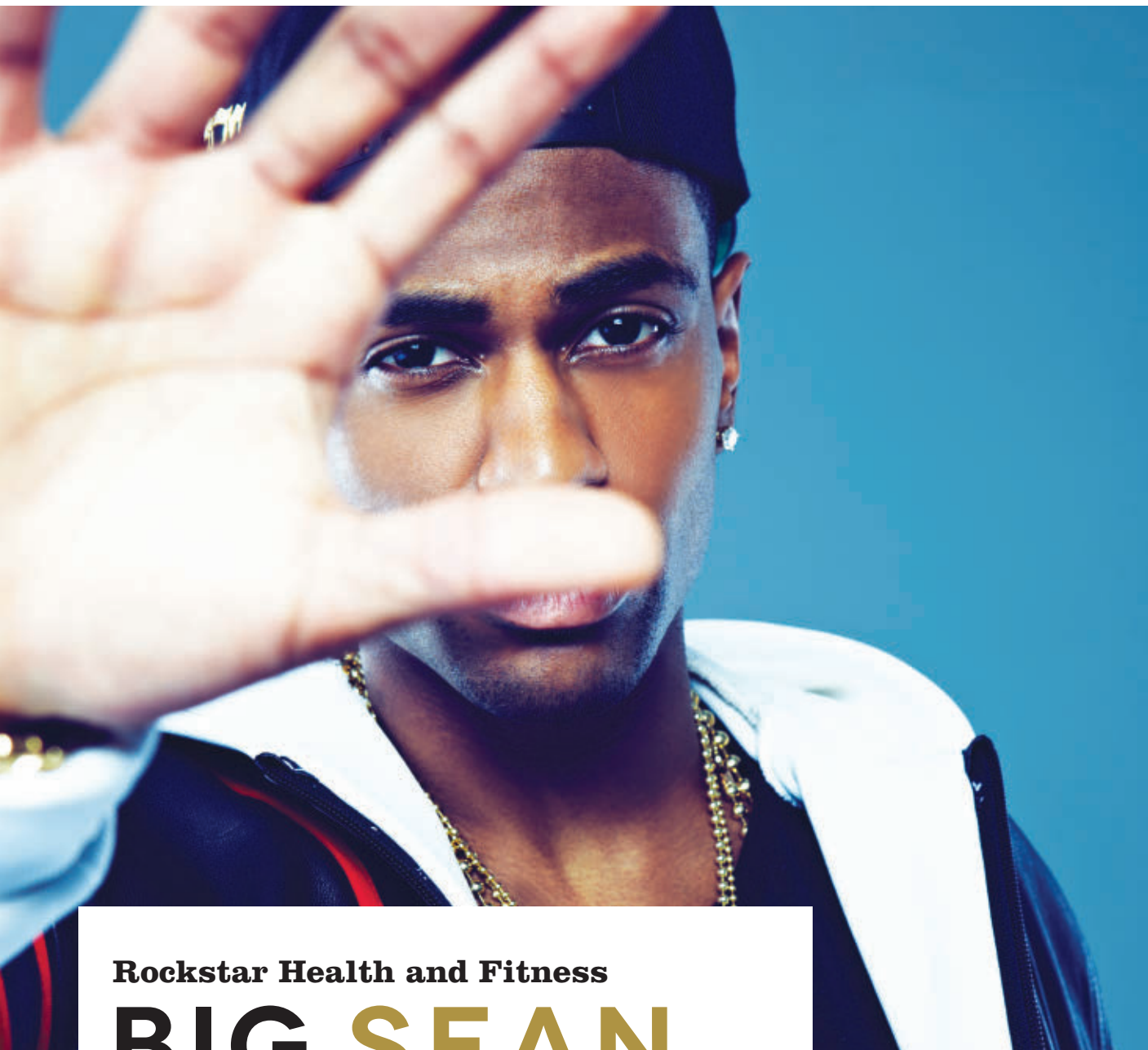
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BIG SEAN

BY LORI RISCHER

SOME PEOPLE ARE DESTINED TO BE SUPERSTARS. It's part of their DNA; you feel it. Having spent most of my life in the music business, I have been fortunate to meet many people with this quality as I work with some of the biggest artists in the world and help break new talent.

I met the talented and incredibly charming Big Sean a few years ago, and he has since been one of my favorite hip hop artists. He started rapping when he was twelve years old, and by high school, he was winning competitions. A chance encounter with Kanye West, who agreed to hear the teenager freestyle, catapulted him into the big leagues. His 2011 debut album, *Finally Famous*, entered the Top 5 on the Billboard Hot 100 – his single, *My Last*, featuring Chris Brown, was a #1 smash! He has also been featured on Justin Bieber's *As Long As You Love Me* and

several other recent radio hits. Big Sean's career has exploded over the last two years, and so has his social media presence: he has 3.2 million Facebook fans, 4.2 million Twitter followers, one million Instagram followers, over 50 million views on YouTube, and more than 400 million views on Vevo. Big Sean just released his new single, *Beware*, featuring Lil Wayne and Jhene Aiko, to rave reviews. It is the first single off his new album, *Hall Of Fame*, which was released on August 27.

Big Sean has been a featured guest on my KIIS-FM interview series, Rockstar Health & Fitness Extra, and we have had several conversations about his healthy secrets. He had a great start on the health bandwagon from his mom. I met her at The Grammys; she is beautiful and lives a very wholesome lifestyle. She taught him at a young age about superfoods, vitamins, and working out. >



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He continues to follow her advice by taking plenty of vitamins, enzymes, probiotics, fish oil, and other supplements. As for working out, boxing is his favorite way to keep in shape; being in the boxing ring with his trainer helps to develop more endurance for his performances, especially when touring.

"I try to work out as much as possible, although sometimes it is difficult with my hectic schedule. But whenever I do, I function better, which makes life better," explains Big Sean.

Big Sean also mixes in some weight training, and when he's traveling, his high energy performances provide additional cardio exercise. He only eats organic food, and his favorite healthy vegetarian meal is a salad with organic greens and eggs. This is his favorite quick and easy recipe:

- Chop up some organic romaine lettuce, tomato, red peppers, and asparagus.
- Add a splash of balsamic vinaigrette dressing, and mix.
- Top the salad with a chopped hard-boiled egg.
(Non vegetarians: Add sliced warm grilled organic chicken, if you desire.)

Be sure to catch Big Sean on the road this year promoting his new album, *Hall of Fame*. The album is a perfect addition to your workout playlist and is available on iTunes, along with his single, *Beware*.



Big Sean and Lori by Anita K. Marto.

You can find out more about Big Sean here:

uknowbigsean.com or follow him on

Twitter: @BigSean and

Facebook: facebook.com/uknowbigsean.

Lori Rischer is a veteran music business executive, the KHS-FM health and fitness spokesperson, and a yoga instructor. Rockstar Health & Fitness shares the healthy secrets of celebrities. Check out her weekly blog at: KHSFM.com, keyword "Rockstar" or: LoriRisчер.com



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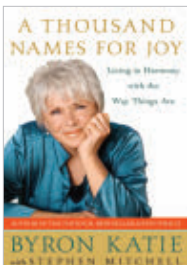
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ON MY NIGHTSTAND

RICKIE BYARS BECKWITH

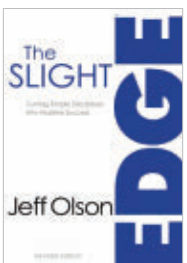
Rickie Byars Beckwith is the Music and Arts Director of the Agape International Spiritual Center. Rickie plans to expand the impact of music and arts as a catalyst for transforming lives through her latest project: Rhythm and Joy Festival.



A THOUSAND NAMES FOR JOY

BY BYRON KATIE

Byron Katie is an incredible teacher who always dives into the heart of the matter. I know sometimes people can go around the block on an issue and never really address the matter at hand. With Byron Katie's work, she examines a person's reactivity by exploring the different approaches to a single perspective to see how much of it is a matter of perspective. Katie understands that this is some of the most powerful medicine in the world: understanding the nature of the power of our thoughts, how they run us if we let them, and how we can choose to view situations. I also love the way Katie and her husband (writer and translator) Stephen Mitchell work together. When I read *A Thousand Names for Joy*, I just lit up.

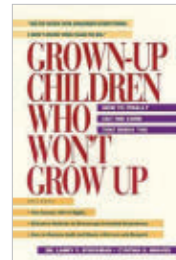


THE SLIGHT EDGE: SECRET TO A SUCCESSFUL LIFE

BY JEFF OLSON

The Slight Edge examines what is necessary to succeed in any project. For example, I have not yet produced an event quite as large as RAJ; Jeff says that instead of feeling overwhelmed by the whole thing, take a step toward your goal every day. In merely a week, you will make tremendous progress. But if you feel overwhelmed, you can

become lost in the thought of failure. You have to breathe it in—like yoga—and be in the posture and allow the true nature of it to emerge and evolve. The same principles apply to health, yoga, spiritual practice, and loving the people around you.



GROWN-UP CHILDREN WHO WON'T GROW UP

BY DR. LARRY STOCKMAN AND CYNTHIA GRAVES

I fussed over my children too much as they grew up. I found myself too available to help because I did not have that help as a child. My mistake was wanting my children to not have to work as hard as I did. You have to work hard to make your own way. When I picked up this book, I thought it was about my children, but then I realized it was really about me and how I could hold them accountable. Accountability makes them strong; it's an empowering relationship. I wanted to move away from doing the things that take away their chance from being powerful in their own being. I was not trusting that God had their back and was supporting them. This book taught me how to place them in God's hands.

Rickie and her husband, Reverend Michael Bernard Beckwith, form a powerful partnership that has produced a dynamic catalog of original songs focused on evoking transformational healing through music. They have sold over 100,000 records worldwide. Rickie's latest book/CD, *Let My Soul Surrender: Grace Notes of a Journey*, provides an intimate look at how the Spirit works through the artist. The Beckwiths will be at the Rhythm and Joy Festival in Simi Valley at the Hummingbird Nest Ranch, October 4-6. Rajfestival.com

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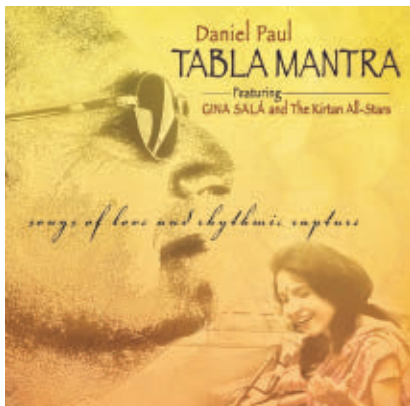


TABLA MANTRA /CD
BY DANIEL PAUL FEATURING
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Tabla Mantra welcomes the listener to a sublime dream world of sound and intricate rhythms woven together through the heart. This unique album has its base in the Indian style of singing tarana. It features an underlying slow and prosaic love song to God, followed by lyrics that are fast rhythmic syllables akin to scat singing.

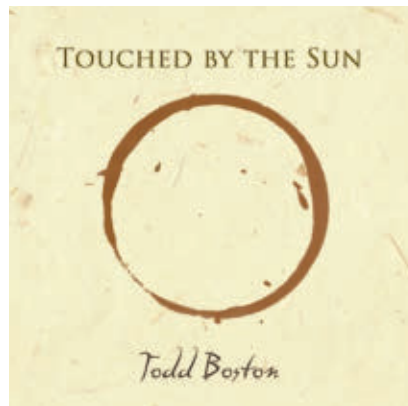
This album's percolating, cleansing, and fascinating style is entwined with a fearless artistry of vocals, strings, flute, and, of course, Daniel Paul's tabla. It is obviously birthed from Daniel's heart, his genius, and his sensitivity.

Along with outrageous rhythms, there's amazing singing. The sacred names are caressed reverently and offered into the khumb (the collective song). Gina Sala's evocative voice delights along with Prajna Viera, C.C. White, and Neeraja Parsons. The strong men's voices alternately lead and lurk in the background, offering their sentiments and weaving melodies and rhythms with intense devotion.

Tracks such as the luscious and beautiful Gurudeva draw you in deep, while Krishna Prabhu showcases Steve Gorn's bansuri flute with Jai Uttal.

I cannot stop playing Tabla Mantra in my classes, in my car, for ceremonies, and for my friends and students. Turn it up, tap your feet, move your body, and breathe in your heart.

Reviewed by **Kristin Olson**, the founder of Urban Yoga in Palm Springs who is a Desert AIDS Project and 100 Women supporter. She has been teaching for 37 years and is a featured teacher at Bhakti Fest. Urbanyoga.org



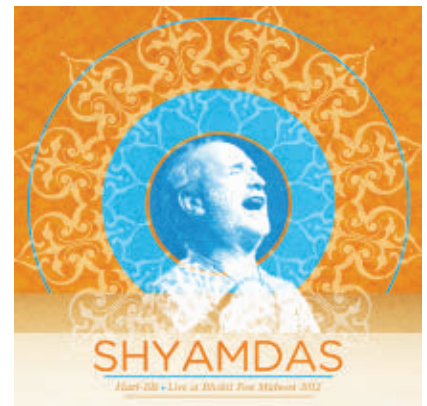
TOUCHED BY THE SUN /CD
BY TODD BOSTON
GITA RECORDS

Touched by the Sun, Todd Boston's second solo album, is a beautiful offering to the yoga, spiritual, and world music community. Todd is a regular fixture at yoga and music festivals and regularly accompanies renowned spiritual music artist Snam Kaur all over the world. Produced by Grammy winner Will Ackerman, Touched features an ensemble of world-class musicians.

With this release, Todd creates a soundscape that ebbs and flows like nature – mountain peaks, flowing rivers, rising and falling ocean waves, and still forests. The opening strains of the first song *Alapana*, played by Todd on the dotar, inspires me to take a long deep breath. As it transitions into the soothing sounds of Todd's acoustic guitar on *Twilight*, I realize that this is no ordinary album – I will be taking a cathartic journey into the core of my being. Touched inspires me to stop and reflect on life and what's really important.

Midway through the album, *Surya* is an ethereal composition featuring Snam Kaur on freeform vocals. It is followed by *Full Moon*, perhaps my favorite song here, which waxes and wanes like the moon herself. The album completes with the uplifting and soulful title track, leaving me with a sense of fullness and hope. I highly recommend this for yoga practice, meditation, relaxation, and the simple enjoyment of music. Learn more (including Todd's summer festival schedule) at: ToddBoston.com.

Reviewed by **Dan Blanchard**, certified yoga teacher and Ayurvedic practitioner, santoor player, and Indian Classical musician: peacefulvibes.com.



**SHYAMDAS LIVE AT BHAKTI
FEST MIDWEST 2012 /CD**
BY SHYAMDAS
MANTRALOGY RECORDS

Shyamdas once said, "If you speak about that which is most sacred to you, it goes. Sometimes, it is best to not say a word." Often, words fall short to depict the emotions and passions that inspire our hearts to beat, our throats to close, and our eyes to water. For Shyam, this was the Divine; so he sang about it.

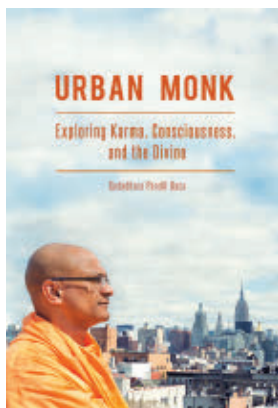
If you ever had the opportunity to see Shyamdas lead the call-and-response chanting of kirtan, you know there was nothing traditional about his style. There was only bhav (known as a "sacred mood"). Dig deeper, and you find a someone who was both a Bhakta (devotee) and scholar deeply devoted to his path.

One summer evening during the 2012 Bhakti Fest Midwest, Shyamdas' late night set was so transcendent that the audience and kirtan wallahs alike stood in awe as Shyam poured his heart not only into his chanting, but also into the Vedic stories he shared.

Plans for a live recording of this particular performance were in place long before the tragic news spread of Shyamdas' passing in January, 2013. As an offering to the beloved Sanskrit scholar, kirtan wallah, and devoted Bhakta, this live album will remain most sacred to kirtan lovers, ensuring that the love and legacy of Shyamdas lives on.

Album available at Bhaktifest.com

Reviewed by **Vanessa Harris**, the Editorial Coordinator at the Bliss Network and Associate Producer of Bhakti Fest.



URBAN MONK: EXPLORING KARMA, CONSCIOUSNESS, AND THE DIVINE /BOOK


BY GADADHARA PANDIT DASA
CONSCIOUS LIVING, LLC

At first glance, saffron-robed Gadadhara Pandit Dasa, a Hindu monk born in India and raised in America, appears to be the typical monastic hermit. As he regales us with the story of his journey in Urban Monk, we discover that he's as gregarious as they come. His was a life of emotional highs and lows – a carefree childhood in India to an upper-class upbringing in California, a struggling subsistence in Bulgaria to a high-pressure job in New Jersey – which eventually led him to the doors of a monastery in New York City. With the Bhagavad Gita in hand, he embarked on a personal quest through India and back, where he finally found strength and peace of mind, and in a way, enlightenment.

In his inspiring autobiography, Pandit shares how the ancient Eastern teachings of the Gita can be woven into a modern Western lifestyle. Speaking to the spiritually-curious as well as the skeptical, he covers topics such as vegetarianism, karma, reincarnation, death, and celibacy. He describes how a life devoted to Krishna, combined with street smarts, makes him well-equipped as chaplain at Columbia University. He engages students in lively discussions about the Gita and pop culture. He teaches cooking classes to demonstrate amazingly simple vegetarian delights. In short, he makes conscious living easily attainable by anyone.

Gadadhara Pandit Dasa has taken the mystery out from behind the saffron robes; he is truly a modern monk for modern times.

Reviewed by **Joni Yung**, who's been inspired to finally crack open her copy of the Bhagavad Gita and read it.




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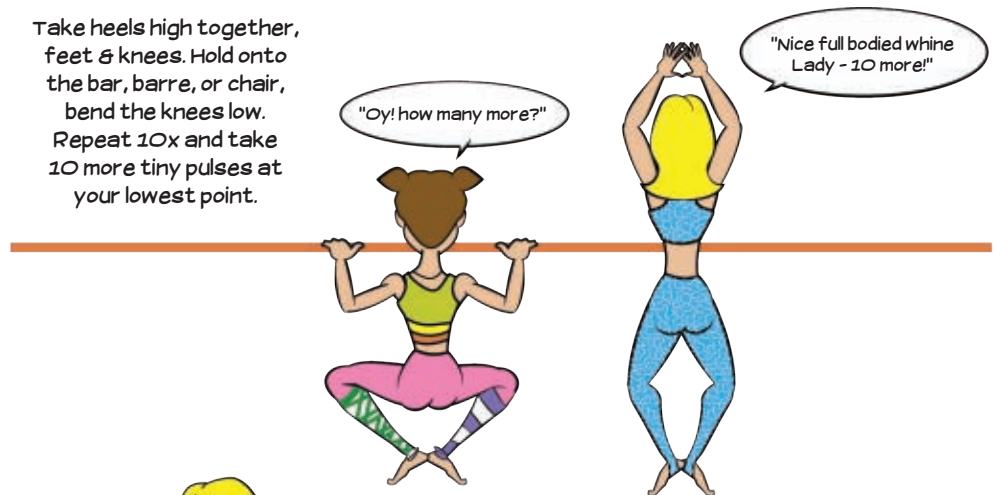
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YOUR BOOTY TO THE
BALLET BARRE.**

BY LAURIE SEARLE

Take heels high together,
feet & knees. Hold onto
the bar, barre, or chair,
bend the knees low.
Repeat 10x and take
10 more tiny pulses at
your lowest point.



Sitting on one side with both knees
bent at 90 degrees, take the top leg
back. Keep knee down and foot up for
maximum bum blasting.

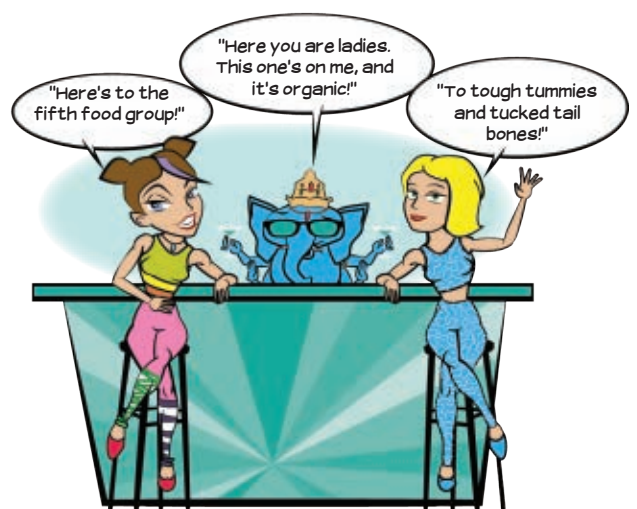


Holding on to thighs, round spine and
pull belly in, lengthen and curl for 10,
then twist to each side for 10.



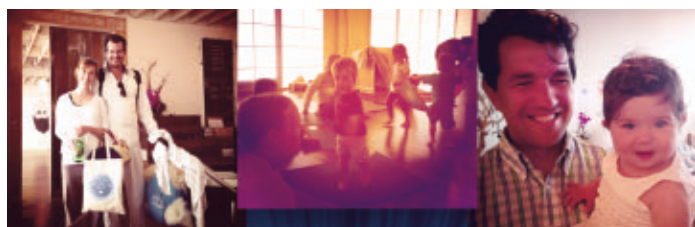
Stretch those babies out so you can
sit and enjoy happy hour.

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Thank you to **Nancy Norby** - a true expert and pioneer in the barre class format and its blend with yoga. She is the Barre teacher trainer at Hot 8 Yoga in Santa Monica and Beverly Hills. NancyNorby.com



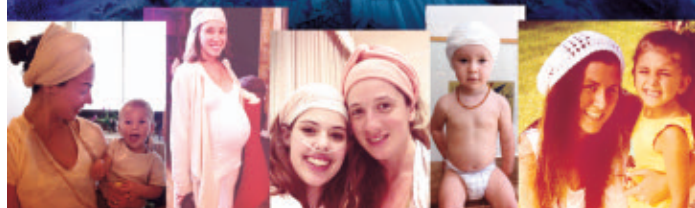
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astrology sept/13

VEDIC ASTROLOGY BY SAM GEPPI

The mysticism of the Moon throughout the month of September may bring up hidden sensitivities and emotions. Ground down and tap into your mature self by being consistent, bold, and open.

SEPTEMBER 1-3

We may experience some emotional frustration and battles of will when the Moon and Mars join in Cancer. Mars is debilitated here, so we are not feeling so confident and powerful. Add to that the emotions and sensitivity of the Moon In Cancer, and your “inner infant” may rear its head.

SEPTEMBER 4

A new cycle of individuality, courage, and strength begins with the New Moon in Leo. Now is the time to connect to consistent actions based on your true and consistent vision. The counterfeit version of this vision is the up-and-down actions based on your wavering personal confidence. This is the Leo principle revealed.

This New Moon happens in the Nakshatra of Purva Phalguni, ruled by the god Bhaga, the god of delight. It is good to be king, but make sure to also be generous with the spoils of your riches, rather than just hoarding them for yourself.

SEPTEMBER 6

This is a very auspicious time with Sun and Venus in their own signs with Saturn and Mercury exalted. We can expect to feel connected to our inner light and power (Sun), feel able to express ourselves and to communicate clearly (Mercury), and have a reasonable, mature relationship with our desires and how high of a price we are willing to pay to satisfy them (Venus).

SEPTEMBER 9-10

Expect some relationship pressure on with the Moon in Libra with Venus, Saturn and Rahu. There could be a good outcome as a result of this pressure because Venus and Saturn are both there in good dignity. It is time to “get real” in many important relationships (including business ones) now.

SEPTEMBER 14

It is a great time for study and connecting to higher, philosophical principles when the Moon is in Sagittarius aspected by Jupiter in Gemini. In particular, questioning your long-held beliefs and being inspired by this inquiry is possible. Our beliefs must make sense to us intellectually, or else they are merely dogmas. Now is a great time to work that out.

SEPTEMBER 17-18

Collective duties and inspirations will be important as the Moon passes through Aquarius and is aspected by Jupiter and Mars. However, be careful of impatiently over-asserting your principles onto your clan or tribe. Both Jupiter and Mars offer inspiration,

drive, and purpose. But these are also energies where we can be a little too convinced that we are right and everyone else is wrong. Remain open-minded.

SEPTEMBER 19

Metaphysical merging and mystical creativity will be a major theme on September 19 as the Moon is full in Pisces. Yet this world does not often measure up to all of that metaphysical woo woo, and instead, we escape from the details of the world (Virgo) at the bar, into the TV. The Full Moon brings this split into focus, as the Sun is in Virgo at this time.

This Full Moon is in the Nakshatra of Purva Bhadrapada, which means “early auspicious foot.” The deity is called Aja Ekapad, which means one-footed goat. This is related to a lightning strike that comes from heaven to change our experience. Feel the inspired purpose compelling you toward an auspicious, spiritual result. Connect this inspiration to the practical world you inhabit.

SEPTEMBER 22-23

A fiery, critical heart and mind may be our downfall as the Moon joins Ketu in Aries and is aspected by Saturn and Venus in Libra. This is a lot of energy along the relationship axis. Others may really irritate you now, and call out your BS. How will you react?

SEPTEMBER 27-28

Integrating your philosophies and personal ideas about them may come very easily when the Moon and Jupiter join in Gemini. Suddenly, you find the words that express your highest, spiritual purpose. This closes a loop that started with the Moon/Jupiter aspect of September 14.

SEPTEMBER 30

September ends the same way it began, with the Moon joining debilitated Mars in Cancer on September 30. However, now we may be even more of an emotional baby, as Mars is at its deepest debilitation point. So the important question now becomes: have we learned anything this month?



Sam Geppi is an internationally-respected Vedic astrology teacher. For free Vedic astrology DVDs and courses for students at all levels, visit: Samgeppi.com

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SAHASRĀRA: CROWN CHAKRA

ART BY ARLENE EVE JOHNSON
TEXT AND DEVANAGARI BY DR. JOHN CASEY



The radiant lotus at and above the Crown of the head is known as the Sahasrāra Chakra. Sahasrāra means "thousand petaled" and is said to represent the fifty sounds of the Sanskrit language wrapped twenty times around the lotus—and thus encompassing all seed-syllables along with all the energies and qualities they embody. Countless nāḍīs or energy channels emanate from this point, which is also called the brahma-randhra or "Aperture of Brahman," designating the point of union

of the individual with the Absolute. The explicit goal of kuṇḍalinī yoga is to arouse the ordinarily dormant "serpent energy" at the root chakra and to draw it up through the central channel, suṣumnā, to Sahasrāra, thus conferring supreme bliss and spiritual liberation. Ultimately, the crown chakra is cosmic and transpersonal in nature, and is thus associated with transcendental consciousness and supreme knowledge. The bīja-mantra of the Sahasrāra Chakra is the seed-syllable hūm.

This seven-chakra series was created by Los Angeles based artist and yogi, **Arlene Eve Johnson**. Each chakra is hand-drawn using Prismacolor pencil on paper. Fine art giclee prints and cards are available at arlenejohnsonart.com. ©Arlene Eve Johnson, 2012. All rights reserved.

Dr John Casey teaches classes in Sanskrit and Yoga philosophy and Buddhism at Loyola Marymount University, Chapman University, and Yoga studios around the world. For LMU, visit: Bellarmine.lmu.edu/yoga/

ॐ hūm

pronunciation guide: 'ū' like 'oo' 'm' like the 'n' in French 'bon'
hūm sounds like the English word "whom" with the ending shifted to the French nasal sound.